

Kombucha: Composition and new substrates trends

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The population's awareness of healthy diets and habits has aroused a remarkable and growing demand for functional foods. Adoption of a better lifestyle depends on healthy eating, promoting quality of life and contributing to the prevention of degenerative diseases and extending life expectancy. The food industry, concerned with meeting market demands, seeks healthier alternatives. Motivated to invest in the development of nutritious and functional products. The functional food and beverage market is the fastest growing segment in the food sector, and fermented products are seen as great precursors in the intake of functional foods, and fermented beverages are protagonists in this market, highlighting kombucha. Although kombucha is well known, its chemical and microbiological parameters still vary according to the method of preparation, temperature, microbiological culture, concentrations and type of substrate used. In this study, we bring a broader view of new alternatives and the results show that there is a possibility of using and applying the kombucha culture in the fermentation process of unusual substrates, such as dairy raw materials, fruits, herbs and vegetables, in addition to the traditional tea, such as promising alternative. Research involving identified or new ingredients is needed to have a broad knowledge and characterization of kombucha. Since most research focuses on antioxidation activities and phenolic compounds in traditional beverages, other compounds can be found in kombucha beverages where substrates vary. We believe this article can stimulate further research related to kombucha.